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Apple Time in Idaho

By

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State Home Demonstration Leader

COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND
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THE APPLE, mellow, appetizing, juicy, is a source of interest to all who look for things "good to eat," from the time of the bursting into bloom of the apple trees, to the time when long train loads of fruit are being sent from the great northwest to other markets.

A Major Business Enterprise

Apple production is an industry that affects the business fabric of the entire state of Idaho. The cash income is not to producers alone, but is distributed to labor and business interests which participate in harvesting, packing, and shipping the crop. The average production of apples in Idaho is more than 6,000 carloads yearly. The cash income from the crop varies from \$2,500,000 to \$5,000,000 annually. Returns to growers, however, may be insufficient during low price years to meet the cost of production. More complete utilization of Idaho apples at home would prove to be of material benefit to both producers and consumers. Certainly there are many valid reasons why Idaho citizens should use more extensively one of our most wholesome, and valuable food crops.

Apples Always Available

Apples may be purchased in the market at almost any season of the year. Apples have good keeping qualities, are inexpensive, and should rightly be considered not as a luxury but as a staple food article.

Apples Have Good Food Value

The food value of apples is an extremely important factor to consider when discussing reasons for and means of wider use. Apples are rich in minerals and furnish bulk which is considered an important aid to good digestion and assimilation. If properly masticated, they are easily and quickly digested and remain in the stomach only long enough for the absorption of their sugars. Chewing apples stimulates

the flow of the digestive juices and helps to stimulate circulation for the development of teeth and gums. Apples have a medicinal value, because they act as a laxative. The water content and the mineral constituents found in apples, are known to be an aid, not only to digestion but as a stimulant to the appetite.

Investigations compiled by Sybil L. Smith, Office of Experiment Stations, United States Department of Agriculture, have shown that fresh apples contain vitamins A, B, and C. Apples that have been stored and apples that have been cooked, canned or dried, still retain vitamin C.

Much can be said of the apple, raw or cooked, as a food. There is little wonder at its popularity.

Cooking Qualities. Many varieties of apples are on the market and certain varieties are best suited for certain cooking purposes. The Jonathan, the Delicious, and the Rome Beauty are examples of apples that hold their shape when cooked. The Yellow Transparent and Maiden Blush are examples of apples that cook up. The following classification has been made by the New York Experiment Station, Bulletin 361, grouping apples according to their pomological group score. The apples in the same group have similar cooking qualities.

Pomological Group Score

Reinette. Maiden Blush, Winter Banana, Grimes, Yellow Newtown, Greening.

Winesap. Arkansas, Arkansas Black, Stayman, Winesap.

Jonathan. Jonathan.

Ben Davis. Ben Davis, Black Ben Davis, Gano.

McIntosh. Fameuse, McIntosh.

Wagener. Northern Spy, Melon, Ontario, Wagener.

The apple that makes good sauce, as a rule makes good pie. Apples that discolor quickly on exposure to air usually make a dark sauce. The texture and the flavor of apples should be considered when combining them with other foods.

Texture—The fairly firm texture of the raw apples is best used with fruits and other foods of fine texture. Cooked apples combine with soft food and dough mixtures.

Flavor—Strong flavored apples are best with foods that do not have a strong flavor of their own.

Seasonable Idaho Apples.—The following chart shows apples that are in season throughout the year. Consideration must be given to varying climates. Lewiston and Emmett will precede, by a short time, the following season of apples.

*Seasons When Apples are at Their Best for Cooking Purposes.**Maiden Blush*—September, October.*Jonathan*—November, December, January, February.*Delicious*—October, November, December, January.*McIntosh*—October, November, December, January.*Winter Banana*—November, December, January, February.*Grimes*—November, December, January.*Wagener*—November, December, January, February, March.*Stayman*—December, January, February, March.*Ben Davis*—January, February, March, April.*Arkansas Black*—December, January, February, March, April.*Winesap*—December, January, February, March, April.*Yellow Newtown*—January, February, March, April.*White Winter Pearmain*—December, January, February, March, April.*Rome Beauty*—December, January, February, March.*Yellow Transparent*—August, September.*Wealthy*—September, October.

The following suggestions are made to encourage greater use of one of Idaho's finest products.

Abbreviations used are: c. for cup; tbs. for tablespoon; and t. for teaspoon.

Meat Dishes

Apples and Country Sausage

6 apples

 $\frac{1}{4}$ pound of sausage $\frac{1}{2}$ c. of hot water

Core the apples and scoop them out, leaving the bottoms unbroken. Stuff with the well-seasoned sausage. Place in the dish in a fairly hot oven (450°), letting it remain until the sausage and apples are slightly browned on top. Cover with a lid and decrease the heat to 400° until the apples are tender.

Roast Lamb With Apples

Use roast shoulder, breast, or loin of lamb. Season the roast. Put in the pan a small amount of lard, with one small onion, one small carrot, two pieces of celery. (If possible, roast in an uncovered pan without the addition of water). Roast in hot oven first, $\frac{1}{2}$ hour, then reduce heat and finish roasting. Core but do not pare red apples, one-half hour before lamb is done. Fill the cavity with chopped celery and raisins. Bake with lamb in a low-temperature oven until done. A short time before removing from the oven, put in each cavity one tablespoon of red jelly.

Apple Ham Caserole

(Clip Sheet No I—National Apple Institute)

Select a slice of ham one inch thick, rub well with brown sugar or honey and place in a baking dish. Stick 2 cloves in the ham and add 1 tbs. of onion juice. Peel, core and quarter tart apples. Cover the ham with the apples. Sprinkle with 4 tbs. of brown sugar, and add 1 tbs. of butter, cut in bits. Add 1 c. of boiling water, and bake in a covered dish until the meat is tender.

Oysters En Apple

Creamed oysters placed in dark red apple shells and baked. Apple shells are made by removing $\frac{1}{4}$ from the top of the apple and scraping out the apple with a spoon.

Salmon Loaf With Apples

(Clip Sheet No. 3—National Apple Institute)

Two c. flaked, canned salmon (1 lb. can), 1 c. cracker crumbs, one t. salt, $\frac{1}{4}$ t. paprika, two eggs and four medium sized apples.

Quarter, core, but do not peel apples. Boil until tender in one-third c. water. While cooking flake the salmon, add crumbs, salt, paprika and beaten eggs. Remove the skins from apples, cut in small pieces and add apples and juice to salmon mixture. Place in a well-buttered mold and bake in moderate oven (350°) for forty minutes. Allow to stand a few minutes before removing from mold. Serves six.

Raisins and Apple Stuffing

(Good for stuffing duck, goose, or roast pork)

Mix 1 c. chopped apples, crumbs, seasonings, and $\frac{1}{2}$ chopped onion; add $\frac{1}{2}$ c. raisins. Melt 2 tbs. butter in 1 c. hot water and add to the above.

Apple Dressing for Lamb

Use stale bread and season well. Soften with milk. Add 3 cored, unpared apples chopped fine. Chop fine $\frac{1}{2}$ c. celery and add small chopped onion; add $\frac{1}{2}$ c. of currants. Use either as a stuffing for lamb or bake around the lamb.

Vegetables With Apples

Apple and Parsnips En Casserole

(Clip Sheet No. 3—National Apple Institute)

While parboiling whole, scraped parsnips, pare, slice, core and cook several apples, until they begin to be tender but do not lose their shape. Place alternate layers of apples and sliced parsnips in baking dish. Over each layer sprinkle butter, salt, paprika, and a little honey. Bake one-half hour. If uncooked apples are used bake full hour. Serve en casserole.

Apples With Sauerkraut

1 can sauerkraut Apples as needed
2 tbs. of butter

Put $\frac{1}{2}$ c. of sauerkraut in a deep pan. Pare, halve and core apples and spread over the sauerkraut. Cover the apples with sauerkraut, dot with butter. If sauerkraut is dry, add a little water and bake until apples are tender.

Apple Salads**Apple, Carrot, and Nut Salad**

3 large tart apples $\frac{1}{3}$ c. chopped peanuts
2 carrots Salad dressing
1 orange Salt

Dice apples, orange and carrots, add salt. Mix with mayonnaise or boiled dressing, add nuts just before serving. Serve in lettuce cups.

Apple and Cabbage Salad

One-half small head of firm cabbage; shred very fine and allow to stand two minutes in boiling water, drain and immerse in cold water until cool; then drain again. Add three tart apples, peeled and chopped, and a couple of stalks of chopped celery; sprinkle with one-quarter t. of salt. Add boiled mayonnaise dressing. This salad will not discolor when kept over.

Celery, Apple and Green Pepper Salad

3 stalks celery 2 apples
1 green pepper $\frac{1}{2}$ c. mayonnaise

Cut the celery into half-inch cubes. Cut the pepper, from which the veins and seeds have been removed, into shreds. Pare the apples and cut into cubes. Mix all together with mayonnaise dressing. Serve on lettuce leaves.

Apple and Black Walnut Salad

4 juicy apples Meat of $\frac{1}{2}$ lb. black or English
 $\frac{1}{2}$ lb. seeded raisins walnuts.

Serve with whipped cream and juice of lemon on lettuce leaf.

Baked Apple Salad

Peel and core, but leave whole, firm apples. Bake in moderate oven. After baking, fill the heart with chopped nuts, olives, and pimentos mixed with salad dressing. Pour salad dressing over fruit and sprinkle with nut meats.

Apple, Pineapple, and Celery Salad

2 c. large tart apples, diced.
1 c. celery cut in small pieces
2 slices canned pineapple, cut in pieces.

Mix ingredients with apple mayonnaise and serve on lettuce leaf.

Spiced Apple Salad

Pare and core good cooking apples. Boil until tender in a medium sugar and water syrup, made red by adding red cinnamon candies. Take care to keep apples unbroken. Remove and cool. Place apples on lettuce and stuff with a mixture of celery cubes, combined with a mashed cream or cottage cheese. Top with a dressing to which whipped cream has been added.

Apple and Meat Salad

- 1 c. cold veal or pork, cut in small pieces
- 2 medium sized tart apples, diced
- $\frac{1}{2}$ c. celery, cut in small pieces
- 1 pimento, chopped fine

Mix with mayonnaise or boiled dressing. Garnish with slices of stuffed olives.

Apple, Date Waldorf Salad

- | | |
|--------------------------------|--|
| 2 large apples | Lettuce |
| $\frac{1}{2}$ c. nutmeats | 12 quartered dates ($\frac{1}{4}$ pkg.) |
| $\frac{1}{2}$ c. celery, diced | 2 tbs. French fruit dressing |
| | Mayonnaise or cooked dressing |

If the apples have a tender, red skin, this should not be removed. Otherwise, peel the apples, cut into quarters, remove the core, then cut into one-half inch dice. Cover with French fruit dressing to prevent discoloration. Add the broken nut meats, the diced celery, and the quartered dates, using additional dressing if necessary to moisten. Pile in mounds in cup-shaped lettuce leaves and garnish with mayonnaise or any favorite dressing.

Apple and Cheese Salad

(Clip Sheet No. 2—National Apple Institute)

Tint cream cheese with red vegetable coloring and place in pastry tube. In crisp individual servings of lettuce, form a circle by running cheese through pastry tube. Fill center with Waldorf salad or a mixture of small apple dices and finely shredded cabbage which has been carefully marinated in French dressing.

Apple Mayonnaise

To one c. of mayonnaise, add 1 c. bright colored apple jelly. Mix lightly and serve at once.

Sandwiches**Apple Sandwich Spread**

Peel and grate a tart apple. Mix one-half c. cream cheese with one tbs. thick cream. Add the grated apple, flavor with nutmeg and spread on bread or crackers.

Open Waldorf Sandwich

- | | |
|--------------------------------|---------------------------------------|
| 1 c. tart apples, cut fine | $\frac{1}{4}$ c. chopped walnut meats |
| $\frac{1}{2}$ c. minced celery | $\frac{1}{2}$ c. chopped dates |
| Mayonnaise dressing | |

Mix thoroughly and spread on lettuce leaf on thin slices of whole wheat bread.

Valentine Sandwiches

(Clip Sheet No. 2—National Apple Institute)

Four c. of apples diced, two c. cottage cheese, one-half c. chopped walnuts, one-half c. honey or mayonnaise. Mix apples and cheese together. Add walnuts and honey or mayonnaise and spread between slices of whole wheat bread cut in heart shapes.

Batter Mixtures**Apple Muffins No. I**

2 c. flour	1 c. milk
2 t. baking powder	1 egg
1 t. salt	4 tbs. melted fat
1 t. sugar	Cooked and sweetened apple sauce

Sift the dry ingredients, add milk and beaten egg, mix well. Add melted fat to this. Drop by spoonfuls in greased muffin tins. Add 1 tbs. apple sauce to each muffin and cover with muffin mixture.

Apple Muffins No. II

1 pint flour	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ t. salt	1 egg
2 t. baking powder	1 c. milk
$\frac{1}{4}$ c. butter	1 c. thinly sliced apples

Bake in muffin pans in a quick oven.

Apple Gems

Chop fine four large sour apples. Add 1 beaten egg, 2 tbs. molasses, $1\frac{1}{2}$ c. Indian cornmeal, $1\frac{1}{2}$ c. flour, $\frac{1}{2}$ t. salt, 2 t. baking powder. Add sufficient milk to make thick drop batter and bake in hot greased gem pans.

Apple Pancakes

$2\frac{1}{2}$ c. flour	1 t. soda
2 tbs. sugar	$\frac{1}{2}$ t. salt
$1\frac{3}{4}$ c. sour milk	1 c. grated or sliced apples
2 eggs	

Mix and sift flour, soda, sugar, and salt. Add egg yolks. Stir in milk and a little melted butter, beat well, add apples and last add egg whites, beaten stiff. Bake on greased griddle.

Apple Desserts**Baked Apples and Cheese**

Apples	Cream Cheese
Cream	Syrup (made by boiling sugar and water)

Core apples and bake in usual way, and when cool fill centers with cream cheese. Pour syrup around apples and serve with cream.

Fancy Baked Apples

Core apples and pare or not as desired. Fill centers with any of the following mixtures:

1. Brown sugar and butter creamed.
2. Chopped dried figs.
3. Raisins.
4. Jelly.
5. Strawberry jam.
6. Chopped nuts and sugar.
7. Maple sugar and butter.

Pour around the apples 1 c. water in which $\frac{1}{2}$ c. of sugar has been dissolved. Bake in a moderate oven. A marshmallow or spoon of meringue may be placed on top and browned.

Cinnamon Apples

- | | |
|---------------------------------------|------------|
| 6 medium apples, peeled and | 2 c. sugar |
| cored | 1 c. water |
| $\frac{1}{2}$ c. candy cinnamon drops | |

Make syrup. When boiling put in apples stuffed with bananas and 2 or 3 cinnamon drops, then put into syrup. Sprinkle rest of candy over apples. May be served with meat course. Ginger may be used instead of bananas.

Coddled Apples

Wash and core apples (medium sized apples preferred), place in steamer and steam until tender. To $\frac{1}{4}$ c. water add enough red cinnamon drops to color. Remove cinnamon drops and add 1 c. sugar; boil until syrup is done and then pour over apples and cook for 3 minutes. Remove and fill apple cavities with chopped nuts. Serve with whipped cream and maple syrup. A cherry placed on top adds to the attractiveness.

Apples a la Creole

- | | |
|-------------------------------|-----------------------|
| 6 large apples | 1 t. butter |
| 1 c. brown sugar | 1 c. water |
| $\frac{1}{4}$ c. cream | 1 c. granulated sugar |
| $\frac{1}{4}$ c. chopped nuts | 1 c. whipped cream |

Boil granulated sugar and water for 10 minutes. Peel and core apples and cook until tender in this syrup, keeping them whole. Remove apples, add gelatine to syrup. Cook brown sugar, butter and cream together to soft ball stage; add nuts. Place apples in serving dish, fill centers and top with nut mixture. Pour syrup around and set outside to cool. Garnish with whipped cream and chopped nuts.

Scalloped Apples

- | | |
|-----------------------------|--------------------------------|
| 1 small loaf of stale bread | $\frac{1}{4}$ c. sugar |
| 1 qt. sliced apples | Juice and grated rind of |
| $\frac{1}{4}$ c. butter | $\frac{1}{2}$ lemon |
| | $\frac{1}{4}$ t. grated nutmeg |

Crumb the bread and place alternate layers of bread and sliced apples in a buttered baking dish; sprinkle each layer with sugar and nutmeg and dot with butter. Pour lemon juice over the whole. Bake in slow oven.

A New Apple Pudding

1 c. sugar	1 c. flour
1 tbs. (rounded) butter	1 egg
1 t. (level) baking powder	salt

Mix these ingredients in order as given, and add, stirring in 2 cups raw apples, peeled and sliced as for pie. Spread all this mixture into a greased pan, sprinkle with sugar and cinnamon and bake. Serve with plain or whipped cream.

Bread and Apple Pudding

Butter an earthen baking dish. Put a layer of chopped apples (juicy, sour ones preferred) at the bottom. Sprinkle with sugar, cinnamon, and a few bits of butter. Cover with fine bread crumbs. Proceed in this manner until the dish is full, having a layer of bread crumbs at the top. Cover tightly and bake about three-fourths of an hour. Then remove cover and allow to become a nice brown. To be eaten warm with a hard sauce of butter and sugar or a sweet liquid sauce.

Apple Cheese Betty

Cover the bottom of a greased baking dish with bread crumbs. Add a generous layer of thinly sliced tart apples. Sprinkle with sugar, bits of butter, a little nutmeg, and 4 tbs. grated cheese. Cover with a layer of buttered crumbs, add $\frac{1}{2}$ c. of water, and bake in a covered dish in a moderate oven.

Apples, Duchess Style

With a vegetable scoop cut out about two dozen balls from pared apples. Cook in a cup each, of sugar and water with a teaspoonful of lemon juice until tender, but not broken; then drain and roll in melted currant jelly. Cook the trimmings of the apples with one or two apples, cut in quarters, in a little water; pass through a sieve and simmer in the syrup until quite thick. Dispose the marmalade thus made about the balls and sprinkle with chopped pistachio nuts or almonds.

Apple Pudding No. I

12 or 14 apples, peeled, cored and sliced
1 t. extract nutmeg
 $1\frac{1}{2}$ c. sugar

Pack apples in deep earthenware dish, add sugar, $\frac{1}{2}$ c. water with extract. Cover with paste. Pinch closely to edge of dish with thumb or pastry iron. Bake in a moderate oven. Serve with rich cream.

Apple Pudding No. II

1 egg beaten well with 2 tbs. sugar.
1 tbs. flour.
 $\frac{1}{2}$ t. baking powder.

Grease form and bake quickly (let cool). Peel and grate 6 apples; add 5 yolks of eggs; sugar to taste. Beat whites to fluff and mix in lightly. Spread on cake mixture and bake 25 minutes in hot oven. Put a pan under pudding dish to keep from burning. Serve cold. Put whipped cream on top before serving.

Rice Apple Pudding

1 c. boiled rice	$\frac{1}{2}$ t. vanilla
1c. chopped tart apples	$\frac{2}{3}$ c. brown sugar
2 tbs. butter	$\frac{1}{2}$ c. stewed prunes, chopped
	$\frac{1}{4}$ t. salt

Combine ingredients and turn into a greased baking dish. Cover with buttered crumbs. To 1 c. of milk, add 1 beaten egg and pour this over the mixture. Bake 30 to 40 minutes, serve hot with thin cream.

Mapled Apples

Follow a simple sponge cake recipe, bake in gem pans or sheets: if baked in a sheet cut into squares. Pare, core, and halve tart apples and place in a baking dish. Fill the cavities with chopped dates or raisins and nut meats. For six large apples you will need about $\frac{1}{2}$ c. dates stoned and chopped, and $\frac{1}{4}$ c. chopped nuts. Bake. Pour over them a cupful of maple syrup, using more if needed. Lift the apple halves carefully and place on the rounds or squares of sponge cake, and serve with whipped cream.

Bread Crumbs and Apple Sauce Pudding

3 c. bread crumbs	$\frac{1}{2}$ c. sugar
3 c. apple sauce	$\frac{1}{2}$ t. cinnamon

Mix sugar, apple sauce and cinnamon. Into a buttered baking dish, put a layer of crumbs then a layer of apple sauce, making three layers each with bread crumbs on top. Dot with butter and bake 20 minutes.

Apple Dessert

Pare and core apples and cut into rings about $\frac{1}{4}$ inch thick. Place in a baking dish and pour over them one c. sweetened fruit juice; the amount of sugar used should depend on the tartness of the fruit juice. For cranberry or currant juice, take about 1 c. of sugar for each c. of juice. Milder juices will take less. Grape juice or the juice of the quince, orange, or pineapple, all combine well with apples. Bake in a slow oven until apples are tender. When cold, the fruit juice will jell around the apples. Serve with whipped cream or custard sauce. If desired, sprinkle cocoanut on the whipped cream; or instead of the whipped cream, a meringue made of whipped whites of 2 eggs, sweetened with 3 tbs. of powdered sugar. Brown in a slow oven. A custard sauce may be made with the egg yolks, milk and sugar, and flavored with vanilla, cinnamon, nutmeg, or lemon extract.

Apple in Frozen Dessert**Apple Sherbet**

4 c. apple sauce	$\frac{1}{2}$ c. lemon juice
$1\frac{3}{4}$ c. sugar	1 c. sour cream whipped
	1 c. water

Boil sugar and water 10 minutes. When cool, add sauce and lemon juice. Freeze to a mush, add whipped cream and continue freezing.

Apple Ice Cream

2 lb. apples	1 c. water
1 inch cinnamon stick	1 c. sugar
1 lemon	1 orange
2 c. cream	2 c. custard

Core and peel apples, then cut up and put them into saucepan with water, cinnamon, sugar, grated rinds and juice of orange and lemon. Cook until perfectly soft, rub through sieve, and when cool, add cream and custard. Freeze.

Apple Ice

Peel, quarter, core, and slice thinly, enough good tart apples to obtain a pound. Add 2 c. of boiling water, and boil until tender. Rub through a puree strainer, add 1 c. of sugar and 2 tbs. of lemon juice. Re-heat until the sugar is melted, remove and chill. Apple ice may be frozen in any open kettle packed in salt and ice, stirring with a wooden spatula, covering, and repeating the stirring every five minutes till frozen; or, freeze as for ice cream. This mixture requires, however, a longer time for freezing than ice cream. Turn occasionally for a few minutes, then allow mixture to rest a while, then repeat, turning and resting until the mixture is thoroughly frozen, when it looks like hard, wet snow. When frozen remove the dasher, scrape the side of the freezer, pack, and cover with the lid, closing hole in center of lid with a cork. Remove the cork from the wooden bucket to let brine run out; replace cork in bucket, cover with a clean sack, and let stand 2 or 3 hours.

Occasionally served in glass with roast duck or pork.

Frozen Apple Sauce Whip

(Clip Sheet No. 2—National Apple Institute)

One c. apple sauce, juice of one lemon, juice of one orange, one-half c. chopped nuts, one and three-fourths c. cream, pinch of salt. Add nuts and salt to apple sauce and chill thoroughly. Whip chilled cream very stiff and add lemon and orange juice; combine with apple sauce mixture. Place in molds of assorted shapes and freeze in refrigerator tray.

Jellied Desserts With Apples**Jellied Apples**

Melt 1 c. sugar into 1 c. boiling water. Cook in it 3 apples pared and cored. Turn apples repeatedly to cook tender and hold shape. Let apples cool. To this syrup add syrup left from canned pineapple, peaches or pears to make $1\frac{3}{4}$ c. in all. Dissolve in this 1 tbs. granulated gelatine softened in $\frac{1}{4}$ c. cold water. Add juice $\frac{1}{2}$ lemon and let cool. Set half meats of English walnuts in glasses and on this 1 cooked apple. Pour in 1 tbs. of jelly. As it cools, add enough jelly (gelatine) to fill cup. When ready to serve, unmold apple, cut in cubes and put rest of gelatine around. Garnish with walnuts and cherries and serve with or without cream.

Pastry**Sliced Apple Pie With Cheese**

Make apple pie as usual, but just before adding upper crust, grate into pie $\frac{1}{4}$ c. cheese.

gredients only until mixed but not smooth. Place in a deep layer-cake pan which has been oiled, and spread evenly. Pare and slice the apples and arrange over the cake with the slices overlapping each other. Sprinkle with the sugar and cinnamon, dot with bits of butter, and bake in a hot oven (450°) for 10 minutes; then reduce the heat to 400 degrees and bake until the apples are tender. Serve warm, cut into slices and eat with butter; or, serve with top milk as a pudding.

Apple Sauce Cake

1 c. sugar	1 c. thick unsweetened apple-sauce
$\frac{1}{2}$ c. fat	$1\frac{1}{2}$ c. flour
1 t. cinnamon	4 t. baking powder
$\frac{1}{2}$ t. nutmeg	1 egg
$\frac{1}{4}$ t. cloves	$\frac{1}{2}$ c. English walnut meats,
$\frac{1}{4}$ t. allspice	chopped
$\frac{1}{2}$ t. salt	

Cream fat and sugar and add apple sauce and beaten egg. Mix and sift dry ingredients, add nuts and combine mixture, mixing thoroughly. Bake in loaf in moderate oven.

Filled Apple Cookies

(Clip Sheet No. 2—National Apple Institute)

Take any cookie mixture which can be rolled thin; cut in heart shapes and place either baked or cooked apple in center of heart, placing another heart-shaped piece of dough on top. Press edges and bake twenty minutes in moderate oven. These delicious apple-filled heart cookies are nice to serve with frozen apple sauce whip.

Preserves and Butters

Old Fashioned Apple Butter

Cook apples soft and run through colander. To each gallon of pulp use one-half gallon of sugar, one pint of vinegar, and two table-spoons of cinnamon. Let boil until it pops. Then seal in jars.

Apple and Quince Honey (Method I)

Pare, quarter, and core equal amounts of apples and sound ripe quinces. Boil the skins in just enough water to cover; strain the water from them into a preserving kettle and add the fruit; boil until soft and pass through a coarse colander or sieve. Use a pound of granulated sugar for each pound of prepared fruit; place over the fire, stirring constantly to avoid burning, and cook till it is of the desired consistency.

Apple and Quince Honey (Method II)

Pare four apples and quinces, dropping into salted water to prevent discoloration. Cook the peels as above. Make a rich syrup with the liquid strained from them, allowing 1 pound sugar for each pound of fruit. Grate the raw quinces and apples quickly into this syrup, (or chop them in the food chopper if not too juicy) and cook until of a granular honey-like consistency. Store like jelly.

Apple Candies

Candied Apples

(Clip Sheet No. 2—National Apple Institute)

Core, pare, and cut into one-half inch slices medium-sized apples. When apples are sliced they should look like a doughnut. Drop a few at a time into the syrup made of two c. sugar and one-half c. water. Simmer until clear. Drain on a plate. Dry a few hours, then roll in granulated sugar. Let stand over night, then roll in granulated sugar. Repeat this process until they will absorb no more sugar, then pack in boxes lined with oiled paper.

Clarified Apples

(Clip Sheet No. 3—National Apple Institute)

Boil small pieces of apple down in a honey syrup until the apple is clear. Tint with any desired vegetable coloring and remove from liquid. These pieces, fine for cookie decorations, etc., will keep for months on a plate in the refrigerator or in a sealed, sterilized jar.

Easter Bunnies Parade

(Clip Sheet No. 3—National Apple Institute)

One package lime gelatine, one c. boiling water, three-fourths c. cold water, one tbs. honey (or more) and one c. grated apples.

Dissolve gelatine in boiling water. When nearly set add the apples, beating them into the mixture. Return to mold. When firm, unmold on a platter and decorate with marshmallow bunnies. Warm the marshmallows slightly in oven. This will permit their being easily pinched into shape of bunnies. For eyes, nose and mouth, use pieces of clarified apples.

